

Title:

Cheap, Healthy Foods - Watch Your Weight And Your Budget

Word Count:

411

Summary:

A major issue for those who are trying to create a healthy lifestyle is the cost of healthy foods but most of them have a larger price tag than the unhealthy, high-fat foods. There are options

Less Junk = More Savings:

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Keywords:

Article Body:

A major issue for those who are trying to create a healthy lifestyle is the cost of healthy foods but most of them have a larger price tag than the unhealthy, high-fat foods. There are options

Less Junk = More Savings:

In choosing healthy foods, keep in mind that you will automatically be spending less than before

Less Waste = Less Waste:

Healthy eating is not just eliminating certain foods from your diet; it is replacing them with

Less Meat, More Veggies:

Reducing the amount of meat you eat and replacing it with vegetables is a great way to save money

Frugal Fruit:

Fruit can be a somewhat expensive, but if you purchase canned fruits in low-sugar syrup or water

Beans and Rice are Nice:

Legumes and rice are very inexpensive and you can use either or both of these to replace meat

Save on Meat:

Canned fish costs considerably less than fresh fish and still contains most of the nutrients.

Healthy food does not have to be expensive. You can purchase cheap healthy foods and not only

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